

Sleep Times



Did You Know

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Message from the President

We at Quanta Dynamics, Inc. wish you a healthy, happy and prosperous 2007. Many of us began the new year by making resolutions to take better care of ourselves, including weight loss and more exercise. This newsletter provides recent studies and information about sleep, exercise and diet to help you fulfill your resolutions!

Sincerely,
Mary O'Sullivan
President

Women Who Sleep Less May Gain More Weight

A 16-year study of 68,183 middle-age women, beginning in 1986, found that over time less sleep may lead to more weight gain. The study's findings were presented at the 2006 American Thoracic Society International Conference. It noted the participants' initial weight and sleep habits and then tracked these factors every two years for the next 16 years.

The results showed that not only did the women who slept five hours or less sleep per night weigh on average 5.4 pounds more at the start of the study than those women who slept 7 hours or more per night, but also they had gained more weight than their well-rested counterparts by the end of the study.

Surprisingly, the researchers found that the women who slept less were not bigger eaters (even though the researchers hypothesized that after getting less sleep, the hormones that control appetite would cause people to become hungrier) or that they were less likely to exercise.

These findings led the researchers to believe that sleep deprivation plays a role in weight gain; however, the exact mechanism is not yet clear. Even though sleep and obesity have been linked through mounting studies and scientific evidence, this is the first study to show that lack of sleep increased weight gain over time in a large number of people.

Adapted from *NSF Alert*, October 11, 2006

*Quanta Dynamics has new products for sale on our website. Besides our **Why Sleep?** book, we have a new, 20-page booklet called, "What You Need to Know About Sleep."*

*We also offer new **Informational Sheets**. Our **Women and Sleep Series** includes **Menstruation, Pregnancy and Menopause**.*

*Our **Metabolic Syndrome Sheet** discusses the linkage between sleep deprivation, weight gain, high blood pressure and **Type 2 diabetes**.*

Exercise Key to Energy Levels

Two recent studies found that exercise is directly linked with how tired you feel. One study examined what happened when men and women, who worked out on a regular basis, stopped exercising. It resulted in the majority of the participants reporting fatigue and somatic depressive symptoms within a week.

The second study took a different approach: they examined what happened when you introduced an exercise program to people who didn't work out. These people reported a significant decrease in fatigue and feelings of distress. Additionally, another long term study of 56,000 nurses found that those with the lowest level of physical activity reported having the highest level of fatigue.

Jack Cox, *The Denver Post*, July 17, 2006

Sweet Drinks Add Pounds

Did you know that a single can of soda per day can add up to 15 pounds a year? A new study conducted by Harvard School of Public Health concludes Americans are drinking far more soda and other sugary drinks over the last four decades. An extra can of soda can pile on 15 pounds in a single year - a key reason that more people have gained weight, researchers say. The study also found that increasing soft drink consumption produced greater weight gain and greater risk of obesity in both adults and children.

About 1/3 of all carbohydrate calories in the American diet come from added sweeteners, and beverages account for about half of this amount, the report says. Unlike other carbohydrates, the main sweetener in beverages – high fructose syrup – does not spur production of insulin to make the body “process” calories. It also does not spur leptin, a hormone that helps moderate appetite. For these reasons, beverages are not as satisfying as foods containing similar amounts of calories and are not regulated in the same manner as the body's normal weight-regulating systems, according to many nutrition experts.

Adapted from *American Journal of Clinical Nutrition*,
Vol. 84, August, 2006

Start Your Day with the Right Kind of Fuel

Be a breakfast eater or you could be setting yourself up for an appetite that is harder to control later in the day, and calories which are harder to burn off before bedtime. Without breakfast you also are more likely to get fewer important nutrients, including calcium, potassium, folic acid and fiber, nutrition experts say.

A great breakfast should consist of a low-fat, high-fiber foods which include grains, protein, fruit and a little “good” fat. Or try an egg and whole wheat toast for a change of pace. If you prefer cold or hot cereal in the morning, use lowfat milk and add extra flavor with fresh fruit, including raisins, dates, nuts, blueberries, strawberries, sliced bananas or fresh melon. Stay away from muffins, bagels and low-fiber processed bread, since these foods are loaded with empty calories.

One of the healthiest breakfasts is whole grain cereal, such as oatmeal, barley or wheat berries, especially if you are trying to lose weight or just need a lot of energy. If you prefer the convenience of a cold cereal, check the ingredients to make sure its first ingredient is whole grain. Make sure there is no added sugar - you want little

A 12-ounce can of soda contains the equivalent of 10 teaspoons of sugar.

Kids who drink at least 3 soft drinks a day have a 50% higher Body Mass Index than kids who drink less.

Increasing intake of soft drinks increases risk of type 2 diabetes, regardless of weight.

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“Our Resume Sparkles”

or none - and it should contain lots of fiber.

Here are some recommended major brand cereals:

- Cherios / General Mills
- Wheat Chex / General Mills
- Grape Nuts / Post
- Special K / Kellogg's
- Total, Whole Grain / General Mills
- Kashi / Kashi Company
- Muesli / Familia

When you begin your day with the right kind of fuel, you will find it is easier to control your hunger by keeping your body fed and energy levels up. Always start with a healthy breakfast and then follow with smaller meals throughout the day.

Adapted from *Fresh Start Issue*, Vol. 1, beachBody.com

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